

Baked French Fries

Code
\$, V, DF, GF, RH

Ingredients Needed:

- 1 large potato or sweet potato
- ½ Tablespoon olive oil
- ½ teaspoon paprika
- ½ teaspoon garlic powder
- ½ teaspoon chili powder
- ½ teaspoon onion powder



Nutrition Facts:	
Yield	1
Calories	188
Total Fat	7 g
Sat Fat	1 g
Sodium	128 g
Fiber	5 g
Calcium	52 ug
Total Sugars	6 g
Iron	1 mg

Recipe Directions:

- Preheat oven to 450 degrees F.
- Cut potato into wedges or sticks. In a small bowl, mix olive oil, paprika, garlic powder, chili powder and onion powder together. On a baking sheet, toss potatoes with oil mixture and place.
- Bake for 45 minutes in preheated oven.